

Full Report (All Nutrients) 45053343, BIT-O-HONEY, UPC: 041497499144

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	40.0 g 40g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	150	375
Protein	g	--	--	1.00	2.50
Total lipid (fat)	g	--	--	3.00	7.50
Carbohydrate, by difference	g	--	--	32.00	80.00
Fiber, total dietary	g	--	--	0.0	0.0
Sugars, total	g	--	--	19.00	47.50
Minerals					
Calcium, Ca	mg	--	--	20	50
Sodium, Na	mg	--	--	120	300
Vitamins					
Lipids					
Fatty acids, total saturated	g	--	--	2.000	5.000

Amino Acids

Other

Ingredients

CORN SYRUP, SUGAR, NONFAT MILK, HYDROGENATED COCONUT OIL, ALMONDS, LESS THAN 2% OF HONEY, SALT, EGG WHITES, CANOLA AND/OR SAFFLOWER AND/OR PALM OIL, MODIFIED SOY PROTEIN, NATURAL FLAVOR, TBHQ AND CITRIC ACID (TO PRESERVE FRESHNESS). *Date Last Updated by Company:* 08/16/2014